



Sikh Foundation of Virginia

SFV VOICE

Connecting the Sikh Foundation of Virginia (SFV) community

Spring 2019
(September 2018 – June 2019)

Chairman's Message

Surjeet Singh Sidhu

Respected Sadh Sangat Ji,

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh!

I am thankful to Waheguru, Sadh Sangat and the Board of Trustees for entrusting me to continue to do seva as Chairman for another year covering the 2019-20 period. As I mentioned last year, our continuous endeavor is to run the affairs of the Sikh Foundation of Virginia ("SFV") in a very secular and professional manner devoid of any partisanship. Our efforts are to focus on the objectives of the SFV that encompass propagation of the teachings of Sikh Gurus and Guru Granth Sahib, and promotion of religious, educational, social and cultural aspects of Sikhism. This focus assumes even more importance this year as we are all celebrating the 550th Parkash Utsav of Shri Guru Nanak Dev Ji.

Our holistic approach toward personal and religious development of our youth continues with emphasis on foundational understanding of the basic tenets of Sikhism. Under the guidance of our Youth Coordinator and the Punjabi School in-charge, and based on the experience over the years and fresh input from various stakeholders, efforts have been made to make the curriculum for our Punjabi School to be more informative and interesting. The school enrollment continues to grow, and the school has formed a separate group for the relatively older youth to meet their intellectual curiosity and needs.



Disclaimer: This issue of *SFV Voice* has been prepared by members of the SFV Sangat. The interpretations and views expressed herein are entirely those of the authors, and do not necessarily reflect the views of the SFV, its Board and Management, or the *SFV Voice* editing team.

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To this end, we solicited input from the youth members and the resulting plan includes inviting experienced speakers to interact with them on relevant topics. The Board of Trustees has made available to the Punjabi School a fully functional trailer supplementing the classroom space. In response to students' preference to have a longer youth camp, this year the SFV will conduct a weeklong camp. Thanks to the Punjabi School teachers, parents, camp coordinators, and camp counselors, for their continuous dedicated services.

On a broader perspective, the SFV Board continues to refine our "Vision Project" for the organization to guide the institutional development of SFV over the medium- to long-term time horizon. In this regard, I invite suggestions and advice from the sangat, especially in terms of how to involve post teenage youth and young family members in furthering the objectives of the SFV.



As I pointed out in my message last year, keeping in view the incidents of hate crimes at certain religious places, including the Gurdwaras, around the Washington metropolitan area and elsewhere in the United States, SFV management has taken some preventive measures based on the audit recommendations of the Fairfax County Police to improve security at the SFV Gurdwara Sahib. In addition, with Waheguru's grace, our efforts bore fruit and the SFV won the grant from the U.S. Department of Homeland Security under their Non-Profit Security Grant Program. I thank and appreciate the time-consuming efforts and work of the Security Committee in achieving this hugely important objective. Now, we are in the implementation stage and, following the bidding process, have already awarded contracts for the security cameras, doors and

windows. Currently, bids are being sought for the high intensity LED lights for the parking lot and for the wrought iron gates for the two main entrances, and we plan to proceed on those soon.

Separately, your Board of Trustees took advantage of the Dominion Energy Rebate Program, under which all lights inside the Gurdwara Sahib have been replaced with LED lights (except for the lights in the kitchen that were already LED). Total cost for the project was approximately \$9,800, of which Dominion Energy paid \$3,500 in rebate and our return on investment is expected to be 8-9 months based on the lower electricity cost. Average life of the LED lights is 5 to 7 years.

The SFV management is continuing to make a concerted effort to increase our involvement in the interfaith activities by participating in various interfaith functions. In the same vein, and to increase awareness of Sikhism among the local communities, SFV will host a meeting of Fairfax County-sponsored event at the Gurdwara Sahib during the fall season, wherein leaders from other faith groups would participate and deliberate on the initiatives for improving coordination and communication among different faith communities.

Following up on the decision taken last year, the SFV Board added two additional rows of benches in the back of the diwan hall to accommodate the demonstrated need, and for the convenience, of sangat. We are in the process of designing upgrade and repaving of the SFV parking lot. Following installation of LED lights in the parking lot under the above mentioned grant program, parking lot would be redesigned and repaved.

This would be a big project costing substantial amount, and we'll be appealing for sangat's financial support to accomplish this. As Sikhs all over the world have been celebrating the 550th Parkash Utsav year of Guru Nanak Dev Ji, the SFV held a very well attended Kirtan Darbar earlier in March in which prominent jathas from India, U.S.A. and Canada participated.

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As a part of the continuing celebrations, each week a member of the sangat is speaking on different aspects of Sikhi in the main diwan, and this will continue through November. We encourage all sangat members, especially youth, to participate in this program, be it a speech, poem, or gurbani shabad vichar. Please contact the SFV Secretary in this regard. Further, the SFV Gurdwara Sahib is actively cooperating with area Sikh organizations and other gurdwara sahibs and playing a significant role in arranging a national Celebration at the National Mall, near Capitol Hill, in Washington DC. This celebration will be on August 31, 2019, and we'll provide the sangat with pertinent additional information as it becomes available.

My thanks to Dr. Rishi Bhatnagar, an orthopedic surgeon, who has been providing free Seva to sangat in our health clinic for the last 7-8 years. Dr. Rishi attends clinic the first Sunday of each month from 11:30am to 1:30pm; please take advantage of his services. Thanks also to the sangat families who provide weekly supply of flowers seva, landscaping seva, and perform langar seva unbeknown.

The SFV Gurdwara Sahib has been running very smoothly, but it has been possible only because of the cooperation and active participation of our resident Bhai Sahibans and sangat.

If you are not already doing, please contact SFV treasurer to become a regular donator by participating in the direct deposit program. This is the best way to make regular contribution and seek Waheguru's blessings who has given us everything. Also, contact Bhai Sahibans or Langar coordinator to increase sponsorship of the Guru Ka Langar on Thursdays and Sundays.

Overall, the SFV Organization is in Chardi-Kala. Please stay in touch, visit <http://www.sfova.org/>, and give us your valuable suggestions. I thank Waheguru that I have very competent group of trustees who make my job easier and, above all, I thank sangat for its continuing support and encouragement to the Board of Trustees.

On the following page, please see the list of our 2019-2020 Sevadars and Coordinators in Board, Management, and other Committees.

With regards,

Surjeet S. Sidhu

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SFV Sewadars (2019-2020)

Management Committee		
Chairman	Surjeet Singh Sidhu	(703) 690-4870
Secretary	Sarbjit Singh Kochhar	(703) 625-6818
Treasurer	Davinder Singh Behniwal	(703) 798-1710
Public Relations Officer	Harmohinder Singh Chahal	(703) 362-3239
Member	Harjit Singh Chawla	(703) 590-5170
Member	Randhir Singh Chhatwal	(978) 884-8333
Member	Sukhbir Singh Sekhon	(571) 213-0827

Coordinators		
Construction	Hakam Singh Saund	(202) 438-3774
IT/Audio-Visual	Harjit Singh Chawla	(703) 590-5170
Langar	Sukhbir Singh Sekhon	(571) 213-0827
Maintenance	Harpal Singh Sambi	(703) 930-2323
Memberships/By-laws	Amarjit Singh Riat	(703) 754-9169
Security	Dr. Ajaib Singh	(540) 720-5755
Youth/Education	Paramjit Singh Sachdeva	(703) 927-0752
Sikh Affairs/Library/Health	Manjit Singh Taneja	(703) 585-1078

We encourage our youngsters to serve the community in any role or capacity you can. One of the ways to do so is to serve on the SFV Board as a Trustee (long-term) or Elected Trustee (short-term) where not only you get to lead different types of Seva projects but also get a chance to be a part of the decision making process. Please reach out to any of the Management Committee Members or the Coordinators to find the best fit for your role.

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Year Ending Reports (March-2019)

Secretary

Kanwaljit Kaur Sachdeva

With Waheguru's blessings and support of our sadh sangat, Gurdwara sahib is running well. We have regular Diwan on Sangrand and every Thursday from 7pm-8:30 pm, and from 9am-12:40 pm every Sunday. Shabad Kirtan by Bhai Satpal Singh ji and his jatha is always appreciated. On occasions, outside ragi jathas and katha vachaks also performed at the Gurdwara sahib. We also have great participation by Gurmat school children, and other sangat members. All gurpurabs and New Year's Diwan were very well attended.

Since April 2018, 15 Akhand Paath Sahibs, 10 weddings, and 12 special Kirtan programs have been performed at SFV. In addition, a mini rain sabai kirtan was very successfully organized by the Youth. Weddings are also regularly booked.

A special Kirtan Darbar was held on March 23, 2019 from 7 PM to 12 AM at SFV Gurdwara Sahib. SFV coordinated with Sri Harmandir Sahib Academy for the Kirtan Darbar. Seven famous Kirtan Jathas from India, California, North Carolina and Canada participated. As a part of the yearlong celebrations commemorating the 550th birth anniversary of Sri Guru Nanak Dev Ji, the SFV Kirtan Darbar was the main event in the DC Metropolitan area. .

We encourage all to come to Gurdwara sahib regularly to listen to Gurbani and seek Waheguru's blessings. We also want to thank all who have been coming forward to take part in recitation of Shabads.

Treasurer

Davinder Singh Behniwal

SFV financial accounts are maintained on a Calendar Year basis. The past was financially good for the Sikh Foundation of Virginia. During the past year, the direct deposit donation has increased from \$2,100per month to \$2,285.67 per month. I appeal to sangat to sign up for direct deposit so that we are able to pay the monthly mortgage (approximately \$3,000) from the direct deposits collected.

Please contact me for the direct deposit Sewa.

Information Technology

Harjit Singh Chawla

IT group continues to provide service of sending e-mails to Sangat and posting information on the website. However, we are not utilizing the websites to its full potential of providing valuable up to date information. Furthermore, we need to continue adding additional members to the e-mail list to minimize mailing expenses. In addition, we continue to provide projector service on Thursday and Sunday.

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Public Relation Officer

Sarbjit Singh Kochhar

I am grateful to the SFV board and sangat for giving me the opportunity to serve as the SFV PRO for year 2018-2019. This year, we held several events. Below is a breakdown of each one.

The SFV picnic was organized on August 18, 2018 in Burke Lake Park. Approximately 120 SFV members, including their families, had a fun-filled day with lots of food and games. The kids enjoyed quite a bit as well. Many appreciated this year's additions of a tandoori grill and special catering. The picnic was a success, especially with the help of all the Trustees, from financing to additional help. No funds from the SFV were used to hold this picnic. On October 27, 2018, SFV organized the second annual Meet Your Sikh Neighbors event, held at SFV, to show the local community who Sikhs are and how they fit into American society. Despite the program being successful, it was not attended by as many participants as its first edition in 2017. Hence, the SFV board is considering that this event be organized bi-annually instead of annually.

This year, our annual Punjabi Cultural Program was conducted on December 1, 2018 at Springfield's Lee High School, with the great efforts and help of Kanwal Sachdeva Ji. The event was attended by approximately 200 patrons. Many adults, young adults, and youth members of SFV participated, resulting in several outstanding performances. The participants' hard work paid off, and was appreciated not only by attendees, but by local Punjabi media as well. Also, the cultural program was able to raise funds for SFV. I am thankful to all the board members and SFV patrons who volunteered to make this event a success.

This year, several area students and representatives from local religious institutions and communities visited SFV to learn about Sikhism and our services in the Gurdwara. With the help of Manjit Singh Taneja Ji and Randhir Chhatwal Ji, those students and individuals were given tours and information. We appreciate and look forward to continuing these kinds of visits.

On January 6, 2019, in SFV's langar hall, an information seminar about college funding was held. It was attended by several SFV patrons and their school-age children. The feedback I received from the presenter was that multiple attendees have contacted her for further questions and to conduct the seminar once again.

For the first time at SFV, a six-week long course on self-help to manage diabetes, originally created by Stanford University, was conducted with the coordination of Manjit Singh Taneja Ji. At the end of the program, which was held during Fall of 2018, certificates of completion were awarded to successful candidates. Several other multiple-week adult life and health education courses are being anticipated to be conducted in the near future.

Serious efforts for a blood drive were put forth this year, including efforts to secure donors and coordinate with the Red Cross. The blood drive was intended to occur around Guru Nanak Dev Ji's Parkash Utsav. We tried to coordinate with the Red Cross but there was no suitable date available. Finally, a very successful blood drive camp was held in May 2019, in which a large number of sangat members donated blood.

Next year, we anticipate repeating several of these annual events, and adding additional events. We are always open to hearing from the sangat about the kinds of activities they would like to patronize.

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Maintenance Committee

We continue to perform maintenance work in a proactive manner to maintain the Gurdwara Sahib in top condition for our Sangat. Key projects completed during the fiscal year are renovation of training classroom (shed); new podium, addition of Darbar hall benches, routine safety fire extinguishers and kitchen hood inspection, Occupancy Certification by Fairfax County, and routine inspections and repairs to the HVAC system.

Construction Committee

No major construction project was designed or constructed in the fiscal year 2018 to 2019. We did get approval of \$150,000 grant from Homeland Security & Emergency Management Agency. This money will be used to add security and camera system, parking lot lights, wrought iron fence and prepare several safety documentations related to lockdown and evacuation of the building. SFV was given final approval to proceed with the work during the 2nd quarter of this year. Whereas the lighting upgrade in the parking lot would be covered under the grant, the plan is to repair the parking lot drainage system, fix and/or replace the existing curbs, and repave the parking lot at the same time. A new redesigned shoe rack area was completed in May providing additional slots for shoes and more space for coat racks.

Youth and Education Committee

Paramjit Singh Sachdeva & Surinder Pal Singh

The Punjabi and Gurmat School continues to do well, thanks to the strong commitment of students and teachers, and the continuing support from parents, volunteers, and Board members. Regular classes have been held every Sunday morning (except holidays), and special activities have been organized throughout the year. These have included Summer and Winter Youth Camps, Gurburab and Vaisakhi celebrations, Sikh Day Parade, Keertan Samelan, and a variety of interfaith and service projects.

Gurmat School students and other SFV youth have actively participated in all these events.

Several improvements have been made this year. Practicing Guru Nanak's teachings, our youth have participated in food drives regularly. They come together almost once a month to prepare and pack individual meals for 200+ people in need, and deliver/serve these meals at Central Union Mission, Washington DC. Many of the kids have decided to celebrate their birthdays in this way instead of having a big party for friends and relatives.

Changes have been made to the Gurmat class (between 11:15 - 11:45 am every Sunday) to make it more discussion- and debate-oriented. Students take part in learning about a specific Gurmat belief, and then apply their critical thinking skills to debate the topic. This change has been very well received, and is helping students learn more effectively.

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Improvements have also been made in the Keertan class, which is now more notation-oriented than before. The Tabla learning group has increased by 100% in the past 6 months. We have added more instruments to facilitate classes for larger groups. We are constantly looking for help with the Keertan class, and request our Sangat members to take part in teaching Keertan if you have the skills.

The addition of three new teachers – Kuldip Singh, Manpreet Singh Behniwal, and Puneet Kaur -- has helped revitalize the school curriculum, and has brought fresh energy to the classroom. This addition of younger teachers and the availability of a renovated trailer for Group 3 students has helped introduce innovative projects that better involve the older youth in school and Gurdwara activities.

We look forward to the continued strong leadership by the school coordinator Surinder Pal Singh Sachdeva and the outstanding contributions of teachers such as Mrs. Barinder Kaur Deu, Narinder Singh, Kuldeep Kaur Sidhu, Raminder Kaur, Ravinder Kaur, Rajinder Singh Sidhu, and others. Their dedicated Seva enables the school to provide the learning environment, Gurmat-related content, and opportunities to practice Sikh values that helps SFV youth become better Sikh Americans and more productive members of our community.

Sikh Affairs

Manjit Singh Taneja

Sikh Invocation in the Virginia State Senate Chamber

by

the Sikh Foundation of Virginia

History was created back in February 2002, when the Sikh Foundation of Virginia Gurdwara Sahib was invited to offer the first-ever Sikh invocation in the Commonwealth of Virginia Senate chamber. It was a moment of pride for Sikhs throughout Virginia to have the opportunity to recite Sikh prayer in the august body. Since then, the Sikh Foundation of Virginia has had this honor several times. This year also, at the invitation of the Virginia State senate legislative body, a delegation of the Sikh Foundation of Virginia Gurdwara Sahib visited the Capitol in Richmond, Virginia to perform Sikh Invocation at the start of the senate's February 19 session. A congregation (sangat) member, Sardar Randhir Singh Chhatwal,



delivered the Sikh invocation on the floor of the Senate chamber invoking the Sikh message of universal brotherhood, truthful living and honest hard work, and seeking the well-being of all human kind (Sarbat da Bhalla). The invocation sought that Almighty God grant us wisdom and courage, and inspire us with vision so that Americans of all faiths and colors continue to be a force for hope and freedom throughout the world. And prayed that God's grace and presence be with the Members of the Senate as they fulfill duties of their office and serve Him by serving the people of the Commonwealth and the United States of America.

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State senator George Barker, in whose constituency the Sikh Foundation of Virginia gurdwara Sahib is located, introduced the Sikh delegation sitting in the gallery to a vigorous applause from the senate members. Senator Barker described various community-based services that Gurdwara Sahib provides, and praised the contribution of Sikhs in all spheres toward development of the Commonwealth of Virginia. Lieutenant Governor Justin Fairfax thanked Mr. Chhatwal and the whole Sikh delegation for the beautiful and meaningful invocation and exhorted Sikhs to get even more involved in the civic affairs. On behalf of the Sikh delegation, Sikh Foundation of Virginia chairman, Surjeet S. Sidhu, conveyed thanks to the Lieutenant Governor and Senator Barker for giving Sikh Foundation the honor of offering invocation, and praised the work the whole senate was doing for the people of the Commonwealth. Mr. Sidhu invited Senator Barker to the Vaisakhi celebrations at the Gurdwara Sahib on April 14, which senator graciously accepted. (Senator Barker, along with other area public officials, attended the Vaisakhi program on April 14, 2019.)



One Hundred 7th Graders from Fairfax County Visit SFV

On February 5, approximately one hundred 7th grade students and 10 staff members from St. Stephen's & St. Agnes School in Fairfax, visited our Gurdwara Sahib to learn and experience Sikh religion and Sikh values. Their religion teachers had especially requested students receive the same experience as our Sadh Sagat does when we are in the Gurdwara.

Bhai Sahib recited Shabad kirtan, and the students and teachers were fully immersed in the Kirtan. After Kirtan, Bhai sahib did Ardas and took hukamnama. Students experienced a true sense of Sikh Rehat Maryada and how Sangat becomes one with Bani. After the Waak, SFV coordinators shared with them, the meaning of the shabad that Bhai Sahib recited, importance of Kirtan, meaning of Guru in Sikhi, and the high esteem Guru holds in Sikhi.

Students were also given a powerpoint presentation covering Sikh Religion, Sikh Values, Sikh Practices, Langar, Importance of Seva in Sikhi, highlighting the Seva Sikhs performed during the recent Shut Down. Students and teachers asked several questions, which Randhir Singh Ji Chhatwal very ably answered. Students enjoyed the Langar. Each student and their eleven teachers had a big smile and a feeling of contentment, and nobody was in a rush to leave. The school has also sent a donation to SFV as a token of their appreciation.

SFV management thanks all the Sevadars in making this event a success.

In addition, year round, SFV welcomes students from Northern Virginia Community College, George Mason University, Robinson High School, and Braddock High School who visit us to learn more about Sikh religion and experience our melodious Kirtan and Langar services.

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Sadh Sangat's Corner (Poems and Life Experiences)

Poem

Kashmir Kaur, Lodhi Nangal (Ph: 703-569-4454)

ਧੀ ਦੀ ਸੱਧਰ

ਖੇਡਣ ਦੇ ਦਿਨ ਚਾਰ,
ਨੀ ਅੰਮੀਏ, ਖੇਡਣ ਦੇ ਦਿਨ ਚਾਰ।
ਨਿੱਕੀ ਹੁੰਦੀ ਨੂੰ ਲਾਡ ਲਡਾਇਆ,
ਵੱਡੀ ਹੋਈ ਸਕੂਲੇ ਪਾਇਆ।
ਮਿਲਿਆ ਨਾ ਘਰ ਦਾ ਪਿਆਰ,
ਨੀ ਅੰਮੀਏ, ਖੇਡਣ ਦੇ ਦਿਨ ਚਾਰ।

ਨਾਂ ਮੈਂ ਝੂਲੀ ਝੂਲੇ, ਅੰਮੀਏ,
ਨਾਂ ਮੈਂ ਖੇਡੀ ਗੁਡੀਆਂ ਪਟੇਲੇ।
ਪਏ ਨੇ ਵਿੱਚ ਬਾਰ,
ਨੀ ਅੰਮੀਏ, ਖੇਡਣ ਦੇ ਦਿਨ ਚਾਰ।

ਦਿਨੇ ਰਾਤ ਮੈਂ ਕਰਾਂ ਪੜ੍ਹਾਈ,
ਘਰ ਆਉਣ ਦੀ ਸਾਰ ਨਾਂ ਕਾਈ,
ਕਰ ਲੈ ਜੋਬ ਵੀ ਨਾਲ,
ਨੀ ਅੰਮੀਏ, ਖੇਡਣ ਦੇ ਦਿਨ ਚਾਰ।

ਜੋਬ ਕਰਕੇ ਪੈਸੇ ਕਮਾ ਲੈ,
ਫਿਰ ਤੂੰ ਆਪਣੀ ਸ਼ਾਦੀ ਰਚਾ ਲੈ।
ਸਾਂਭ ਸੋਹਰਾ ਪਰਿਵਾਰ,
ਨੀ ਅੰਮੀਏ, ਖੇਡਣ ਦੇ ਦਿਨ ਚਾਰ।

ਧੀ ਨਿਮਾਈ ਗਊ ਵਿਚਾਰੀ,
ਪੇਕੇ ਸਹੁਰੇ ਰਹੀ ਬਿਗਾਨੀ।
ਕਿਸ ਕਿੱਲੇ ਨਾਲ ਬੰਨ ਦੇਈ ਏ,
ਕੋਈ ਨਾ ਜਾਣੇ ਸਾਰ,
ਨੀ ਅੰਮੀਏ, ਖੇਡਣ ਦੇ ਦਿਨ ਚਾਰ।

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Poem

Harbans Singh Matharoo

ਜੈਲੇਸਟੋਨ ਪਾਰਕ

ਮੈਂ ਜੈਲੇਸਟੋਨ ਕਰਾਂ ਕੀ ਸਿਫਤ ਤੇਰੀ,
ਮੇਰੀ ਸੋਚ ਤੋਂ ਉੱਚੇ ਮੁਕਾਮ ਤੇਰੇ।
ਬਰਫਾਂ ਨਾਲ ਲੱਦੀਆਂ ਚੋਟੀਆਂ ਨੇ,
ਤੇ ਅਸਮਾਨ ਨੂੰ ਛੋਹਣ ਪਹਾੜ ਤੇਰੇ।

ਹਰ ਪਾਸੇ ਵਾੜ ਹੈ ਕੀਤੀ ਪਰਬਤੀ ਕੰਦਰਾਂ ਨੇ,
ਤੇ ਵਿੱਚ ਦਰਿਆ ਪਏ ਵਗਦੇ ਨੇ।
ਬਰਫ ਪਿਘਲ ਕੇ ਪਾਣੀ ਬਣਦੀ,
ਤੇ ਛਾਤੀ ਤੇਰੀ ਤੇ ਕਿੰਨੇ ਹੀ ਰੁੱਖ ਪਲਦੇ ਨੇ।

ਕਿੰਨੇ ਵੱਡੇ ਨੇ ਬਾਈਸਨ (Bison), ਗਰਿਜ਼ਲੀ (Grizzly) ਤੇਰੇ,
ਜਿਹੜੇ ਹੇਡਨ (Hayden Valley) ਵਿੱਚ ਵਸਦੇ ਨੇ।
ਲੋਕੀ ਰੁਕ-ਰੁਕ ਕੇ ਫੋਟੋਆਂ ਖਿੱਚਦੇ,
ਜਿੱਥੇ ਵੀ ਮੂਸ (Moose) ਤੇ ਐਂਟਲਰ (Antler) ਦਿਸਦੇ ਨੇ।

ਬਰਫ ਪਿਘਲ ਕੇ, ਪਾਣੀ ਬਣ ਕੇ, ਜੱਦ ਉੱਤਰੇ ਥੱਲੇ,
ਕੈਨੀਅਨ (Canyon) ਦੀਆਂ ਵੇਖ ਵਾਟਰ ਫਾਲਾਂ (Water Falls)
ਕਈਆਂ ਦੇ ਦਿਲ ਕੰਬਦੇ ਨੇ।
ਅਣਗਿਣਤ ਝੀਲਾਂ ਵਿੱਚ ਤੂੰ ਸਾਂਭਿਆਂ ਪਾਣੀ,
ਤੇ ਲੋਕੀ ਪਏ ਪਰਕਰਮਾਂ ਕਰਦੇ ਨੇ।

ਹਜ਼ਾਰਾਂ ਗੀਜ਼ਰਾਂ (Geysers) ਦੀ ਭਰਮਾਰ ਤੇਰੇ ਚਾਰ ਚੁਫੇਰੇ,
ਪੇਟ ਤੇਰੇ ਦੀ ਅੱਗ ਦੇ ਵਿੱਚੋਂ ਭਾਫਾਂ ਦੇ ਬੱਦਲ ਬਣਦੇ ਨੇ।
ਕਿਤੇ ਸਲਫਰ (Sulphur) ਦਾ ਪਾਣੀ ਉੱਬਲੀ ਜਾਵੇ,
ਤੇ ਆਪਣੀ ਗੰਧ ਮਹਿਕਾਈ ਜਾਵੇ।

ਕਿਤੇ ਕੈਲਸ਼ਿਅਮ (Calcium) ਆਪਣੀ ਰੋਕ (Rock) ਵਛਾਈ ਜਾਵੇ,
ਕਿਤੇ ਰੰਗ-ਬਰੰਗ ਪਾਣੀ ਦੇ ਚਸਮੇ ਵਗਦੇ ਨੇ।
ਕਿਤੇ ਬਹੁਰੰਗੀ ਤਸਵੀਰ ਬਣਾਈ ਮਿਨਰਲਜ਼ (Minerals) ਨੇ,
ਕੁਦਰਤ ਆਪਣਾ ਬੁਰਸ ਚਲਾਈ ਜਾਵੇ।

ਓਲਡ ਫੇਥਫੁਲ (Old Faithful) ਨੂੰ ਵੇਖ ਮੈਂ ਦੰਗ ਰਹਿ ਗਿਆ,
ਜਿਹੜਾ ਆਪਣੀ ਕਰਾਮਾਤ ਦਿਖਲਾਈ ਜਾਵੇ।
ਇਹਨੂੰ ਹਰ 92 ਮਿਨਟਾਂ ਬਾਅਦ ਉਬਾਲਾ ਆਵੇ,
ਤੇ 200 ਫੁੱਟ ਉੱਚਾ ਫੁਹਾਰਾ ਫੁੱਟੇ, ਭਾਫ ਦੇ ਬੱਦਲ ਬਣਾਈ ਜਾਵੇ।

ਕਹਿੰਦੇ ਓਲਡ ਫੇਥਫੁਲ (Old Faithful) ਇਹਦਾ ਨਾਮ ਇਸ ਲਈ
ਰੱਖਿਆ, ਕਿ ਇਹ ਭੁੱਲ ਕੇ ਵੀ ਕਦੀ ਭੁੱਲ ਨਹੀਂ ਕਰਦਾ।
ਸਦੀਆਂ ਤੋਂ ਹਰ 92 ਮਿਨਟਾਂ ਬਾਅਦ,
ਮੁੜ-ਮੁੜ ਨਵਾਂ ਫੁਹਾਰਾ ਚਲਦਾ।

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Write-up

Harmohinder Singh Chahal

ਜਲ੍ਹਿਆਂ ਵਾਲੇ ਬਾਗ ਦਾ ਸਾਕਾ- ਸਦੀਵੀਂ ਜ਼ਖ਼ਮ

ਹਰਮਹਿੰਦਰ ਚਹਿਲ

ਇਤਿਹਾਸ ਵਿਚ ਕੁਝ ਕੁ ਘਟਨਾਵਾਂ, ਕਰੂਰ ਹਾਦਸੇ ਜਾਂ ਜ਼ੁਲਮੀ ਵਰਤਾਰੇ ਅਜਿਹੇ ਵਾਪਰਦੇ ਹਨ ਜਾਂ ਵਰਪਾ ਦਿੱਤੇ ਜਾਂਦੇ ਹਨ, ਜਿਨ੍ਹਾਂ ਦੁਆਰਾ ਦਿੱਤੇ ਗਏ ਜ਼ਖ਼ਮ ਰਹਿੰਦੀ ਕਾਇਨਾਤ ਤੱਕ ਤਾਜ਼ਾ ਰਹਿੰਦੇ ਹਨ। ਜਲ੍ਹਿਆਂ ਵਾਲੇ ਬਾਗ ਦਾ ਸਾਕਾ ਵੀ ਇਕ ਅਜਿਹਾ ਹੀ ਜ਼ੁਲਮੀ ਵਰਤਾਰਾ ਸੀ ਜਿਸ ਦੁਆਰਾ ਹਿੰਦੁਸਤਾਨੀਆਂ, ਖਾਸਕਰ ਪੰਜਾਬੀਆਂ ਦੀ ਮਾਨਸਿਤਕਾ ਨੂੰ ਮਿਲੇ ਜ਼ਖ਼ਮ ਸਦਾ ਰਿਸਦੇ ਰਹਿਣਗੇ। ਕੁਝ ਕੁ ਲੋਕਾਂ ਦੁਆਰਾ ਵਰਪਾਇਆ ਗਿਆ ਇਹ ਜ਼ੁਲਮ ਸਦਾ ਸਾਨੂੰ ਉਸ ਜ਼ਾਲਮ ਸਰਕਾਰ ਦੀ ਜ਼ਿਆਦਤੀ ਯਾਦ ਕਰਵਾਉਂਦਾ ਰਹੇਗਾ ਜਿਸਦੇ ਰਾਜ ਵਿਚ ਅਜਿਹਾ ਕੁਝ ਵਾਪਰਿਆ। ਉਰਦੂ ਦਾ ਇਕ ਸ਼ੇਅਰ ਹੈ, 'ਵੇ ਜਬਰ ਵੀ ਦੇਖਾ ਹੈ ਤਵਾਰੀਖ ਕੀ ਨਜ਼ਰੋਂ ਨੇ ਜਬ ਲਮਹੋਂ ਨੇ ਖਤਾ ਕੀ ਥੀ ਸਦੀਆਂ ਨੇ ਸਜ਼ਾ ਪਾਈ।' ਮੌਕੇ ਦੇ ਕੁਝ ਕੁ ਅੰਗਰੇਜ਼ ਅਫਸਰਾਂ ਵੱਲੋਂ ਪਲਾਂ ਛਿਣਾਂ ਵਿਚ ਲਏ ਫੈਸਲੇ ਨੇ ਜੋ ਜ਼ੁਲਮ ਢਾਹਿਆ ਉਸਦੀ ਗੁਨਾਹ ਭਾਵਨਾ ਦਾ ਅਹਿਸਾਸ, ਬਰਤਾਨੀਆਂ ਰਹਿੰਦੀ ਦੁਨੀਆਂ ਤੱਕ ਭੁਗਤਦਾ ਰਹੇਗਾ। ਬਰਤਾਨੀਆਂ ਦੇ ਮੱਥੇ 'ਤੇ ਲੱਗਿਆ ਇਹ ਕਲੰਕ ਕਦੇ ਵੀ ਨਹੀਂ ਮਿਟੇਗਾ।

ਉਸ ਸਾਕੇ ਨੂੰ ਵਾਪਿਰਆਂ ਪੂਰਾ ਸੌ ਸਾਲ ਹੋ ਗਿਆ ਹੈ ਪਰ ਅੱਜ ਵੀ ਇਉਂ ਲੱਗਦਾ ਹੈ ਜਿਵੇਂ ਇਹ ਕੱਲ੍ਹ ਦੀਆਂ ਗੱਲਾਂ ਹੋਣ। ਕੋਈ ਪੰਜਾਬੀ ਅਜਿਹਾ ਨਹੀਂ ਹੋਵੇਗਾ ਜੋ ਜਲ੍ਹਿਆਂ ਵਾਲੇ ਸਾਕੇ ਬਾਰੇ ਨਹੀਂ ਜਾਣਦਾ। ਮੰਨਿਆਂ ਕਿ ਉਦੋਂ ਭਾਰਤ ਅੰਗਰੇਜ਼ਾਂ ਦਾ ਗੁਲਾਮ ਸੀ। ਮੰਨਿਆਂ ਕਿ ਆਜ਼ਾਦੀ ਦੀ ਮੰਗ ਕਰ ਰਹੇ ਭਾਰਤੀਆਂ ਉੱਪਰ, ਅੰਗਰੇਜ਼ ਸਰਕਾਰ ਹੱਦੋਂ ਵੱਧ ਜ਼ੁਲਮ ਢਾਹ ਰਹੀ ਸੀ। ਪਰ ਉਸ ਸਭ ਲਈ ਵੀ ਕੁਝ ਕਾਇਦੇ ਸਨ। ਅੰਗਰੇਜ਼ ਸਰਕਾਰ ਦਾ ਕੋਈ ਕਨੂੰਨ ਸੀ। ਉਸ ਕਨੂੰਨ ਮੁਤਾਬਕ ਕਿਸੇ ਥਾਂ ਉੱਪਰ ਲੋਕਾਂ ਦੇ ਇਕੱਠ ਨੂੰ ਰੋਕਣ ਲਈ ਪਹਿਲਾਂ ਕਰਫਿਊ ਲਾਇਆ ਜਾਵੇਗਾ। ਜੇਕਰ ਫਿਰ ਵੀ ਲੋਕ ਇਕੱਠੇ ਹੁੰਦੇ ਹਨ ਤਾਂ ਉਨ੍ਹਾਂ ਨੂੰ ਤੁਰੰਤ ਖਿੱਲਰ ਜਾਣ ਦਾ ਹੁਕਮ ਦਿੱਤਾ ਜਾਵੇਗਾ। ਹੁਕਮ ਨਾ ਮੰਨਣ ਵਾਲਿਆਂ ਨੂੰ ਗ੍ਰਿਫਤਾਰ ਕੀਤਾ ਜਾਵੇਗਾ। ਜੇਕਰ ਇਕੱਠ 'ਚੋਂ ਕੋਈ ਪੁਲਸ ਉੱਪਰ ਹਮਲਾ ਕਰਦਾ ਹੈ ਤਾਂ ਉਸਨੂੰ ਨਿਹੱਥਾ ਕਰਕੇ ਫੜ ਲਿਆ ਜਾਵੇਗਾ। ਜੇਕਰ ਪੁਲਸ ਦੀ ਹਸਤੀ ਨੂੰ ਖਤਰਾ ਬਣਦਾ ਹੈ ਤਾਂ ਹਥਿਆਰਬੰਦ ਬੰਦੇ ਨੂੰ ਨਿਹੱਥਾ ਕਰਨ ਲਈ ਉਸ ਉੱਪਰ ਗੋਲੀ ਦੀ ਵਰਤੋਂ ਕੀਤੀ ਜਾਵੇਗੀ। ਪਰ ਜਲ੍ਹਿਆਂ ਵਾਲੇ ਬਾਗ ਦੀ ਘਟਨਾ ਵੇਲੇ ਸਭ ਕਨੂੰਨ ਅੱਖੋਂ ਪਰੋਖੇ ਕਰ ਦਿੱਤੇ ਗਏ ਸਨ ਅਤੇ ਹੰਕਾਰੀ ਅਫਸਰਾਂ ਵੱਲੋਂ, ਨਿਹੱਥੇ ਬਕਸ਼ੂਰ ਲੋਕਾਂ ਉੱਪਰ ਗੋਲੀਆਂ ਦਾ ਮੀਂਹ ਵਰਾਅ ਕੇ ਹਜ਼ਾਰਾਂ ਮਾਸੂਮਾਂ ਨੂੰ ਮੌਤ ਦੇ ਘਾਟ ਉਤਾਰ ਦਿੱਤਾ ਗਿਆ ਸੀ। ਪਰ ਇਨ੍ਹਾਂ ਹਜ਼ਾਰਾਂ ਲੋਕਾਂ ਦੀ ਇਹ ਸ਼ਹਾਦਤ ਅਜਾਈਂ ਨਹੀਂ ਗਈ ਸਗੋਂ ਇਹ ਅੰਗਰੇਜ਼ ਰਾਜ ਦੇ ਕੱਢਣ ਵਿਚ ਆਖਰੀ ਕਿੱਲ ਸਾਬਤ ਹੋਈ। ਇਸ ਪਿੱਛੋਂ ਮੁਲਕ ਭਰ ਵਿਚ ਅੰਗਰੇਜ਼ ਖਿਲਾਫ ਇਤਨਾ ਰੋਹ ਫੈਲ ਗਿਆ ਕਿ ਧੀਮੀ ਗਤੀ ਨਾਲ ਚੱਲ ਰਹੀ ਆਜ਼ਾਦੀ ਦੀ ਜੰਗ, ਪੂਰੀ ਚੜ੍ਹਤ ਵਿਚ ਆ ਗਈ। ਫਿਰ ਤੀਹ ਸਾਲ ਦੇ ਵੀ ਘੱਟ ਸਮੇਂ ਤੋਂ ਪਹਿਲਾਂ ਅੰਗਰੇਜ਼ ਨੂੰ ਭਾਰਤ ਆਜ਼ਾਦ ਕਰਦਿਆਂ ਇੱਥੋਂ ਨਿਕਲਣਾ ਪਿਆ।

ਜੇਕਰ ਥੋੜਾ ਪਿਛੋਕੜ ਵੱਲ ਝਾਤੀ ਮਾਰੀਏ ਤਾਂ ਪੰਜਾਬ ਦਾ ਖਾਲਸਾ ਰਾਜ ਕਬਜ਼ੇ 'ਚ ਲੈਂਦਿਆਂ, ਅੰਗਰੇਜ਼ ਸਾਰੇ ਭਾਰਤ ਉੱਪਰ ਕਾਬਜ਼ ਹੋ ਚੁੱਕੇ ਸਨ। ਇਸ ਪਿੱਛੋਂ ਹੀ ਉਹ ਪੂਰੇ ਜ਼ੋਰ ਸ਼ੋਰ ਨਾਲ ਬਰਤਾਨਵੀ ਰਾਜ ਦੀਆਂ ਜੜ੍ਹਾਂ ਡੂੰਘੀਆਂ ਕਰਨ ਵਿਚ ਲੱਗ ਗਏ। ਪਰ ਜਿੱਥੇ ਉਹ ਆਪਣਾ ਕੰਮ ਕਰਨ ਲੱਗੇ ਹੋਏ ਸਨ ਉੱਧਰ ਹੀ ਮਾਤਰ-ਭੂਮੀ ਨੂੰ ਪਿਆਰ ਕਰਨ ਵਾਲੇ ਲੋਕ, ਇਨ੍ਹਾਂ ਜੜ੍ਹਾਂ ਨੂੰ ਉਖਾੜਨ ਦੀਆਂ ਸਕੀਮਾਂ ਬਣਾਉਣ ਲੱਗ ਪਏ ਸਨ। ਉਨੀਵੀਂ ਸਦੀ ਦੇ ਆਖੀਰ ਵਿਚ ਹੀ ਆਜ਼ਾਦੀ ਦੀ ਲਹਿਰ ਕਿਸੇ ਨਾ ਕਿਸੇ ਢੰਗ ਨਾਲ ਸ਼ੁਰੂ ਹੋ ਚੁੱਕੀ ਸੀ। ਫਿਰ ਇਸ ਲਹਿਰ ਨੂੰ ਜੋਸ਼ ਖਰੋਸ਼ ਉਦੋਂ ਮਿਲਿਆ ਜਦੋਂ ਵੀਹਵੀਂ ਸਦੀ ਦੇ ਸ਼ੁਰੂਆਤੀ ਸਾਲਾਂ 'ਚ ਹੀ ਗਦਰ ਲਹਿਰ ਸ਼ੁਰੂ ਹੋ ਗਈ। ਭਾਵੇਂ ਗਦਰ ਲਹਿਰ ਬਹੁਤੀ ਕਾਮਯਾਬ ਨਾ ਹੋਈ ਅਤੇ ਤਕਰੀਬਨ ਸਾਰੇ ਗਦਰੀ ਦੇਸ਼ ਭਗਤਾਂ ਨੂੰ ਅੰਗਰੇਜ਼ ਨੇ ਫਾਂਸੀਆਂ ਉੱਪਰ ਚੜ੍ਹਾ ਦਿੱਤਾ। ਪਰ ਆਜ਼ਾਦੀ ਦੀ ਲਹਿਰ ਨੂੰ ਇਕ ਸੋਧ ਮਿਲ ਗਈ। ਇਕ ਦਿਸ਼ਾ ਮਿਲ ਗਈ। ਕੰਮ ਕਰਨ ਦਾ ਢੰਗ ਮਿਲ ਗਿਆ। ਆਜ਼ਾਦੀ ਦੀ ਚਿੰਗਾੜੀ, ਲਾਟਾਂ ਬਣ ਉੱਠੀ। ਇੱਥੋਂ ਹੀ ਦੇਸ਼ ਭਗਤ ਵੱਖੋ ਵੱਖਰੇ ਢੰਗਾਂ ਨਾਲ ਆਜ਼ਾਦੀ ਦੀ ਲਹਿਰ ਚਲਾਉਣ ਲੱਗੇ। ਉੱਧਰ ਅੰਗਰੇਜ਼ ਵੀ ਚੁੱਪ ਨਹੀਂ ਸਨ ਬੈਠੇ। ਜਿਉਂ ਜਿਉਂ ਦੇਸ਼ ਭਗਤ ਗਤੀ ਫੜ ਰਹੇ ਸਨ ਤਿਉਂ ਤਿਉਂ ਅੰਗਰੇਜ਼ ਹਕੂਮਤ ਅੰਨੇ ਕਨੂੰਨ ਬਣਾ ਬਣਾ ਕੇ ਲੋਕਾਂ ਨੂੰ ਗੁਲਾਮੀ ਦੇ ਜੁਲੇ ਹੇਠ ਹੋਰ ਨਪੀੜੀ ਜਾ ਰਹੀ ਸੀ। ਹਰ ਸਾਲ ਕੋਈ ਨਾ ਕੋਈ ਕਾਲਾ ਕਨੂੰਨ ਲਾਗੂ ਕਰ ਦਿੱਤਾ ਜਾਂਦਾ ਸੀ। ਉਦੋਂ ਹੀ ਪਹਿਲੀ ਆਲਮੀ ਜੰਗ ਲੱਗ ਗਈ। ਅੰਗਰੇਜ਼ ਹਕੂਮਤ ਮੁਸ਼ਕਲ ਸੰਨ ਆ ਗਈ। ਹਾਲਤਾਂ ਨੂੰ ਵੇਖਦਿਆਂ ਹਕੂਮਤ ਨੇ ਆਜ਼ਾਦੀ ਲਹਿਰ ਦੇ ਲੀਡਰਾਂ ਨਾਲ ਵਾਅਦਾ ਕੀਤਾ ਕਿ ਜੇਕਰ ਹਿੰਦੁਸਤਾਨੀ ਇਸ ਜੰਗ ਵਿਚ ਬਰਤਾਨਵੀ ਸਰਕਾਰ ਦਾ ਸਾਥ ਦੇਣ ਤਾਂ ਜੰਗ ਉੱਪਰੰਤ ਭਾਰਤ ਆਜ਼ਾਦ ਕਰ ਦਿੱਤਾ ਜਾਵੇਗਾ। ਸੋਚ ਵਿਚਾਰ ਬਾਅਦ ਸਿਆਣੇ ਲੋਕਾਂ ਨੇ

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ਇਸ ਪੇਸ਼ਕਸ਼ ਨੂੰ ਮੰਨ ਲਿਆ। ਫਿਰ ਕੀ ਸੀ ਲੱਖਾਂ ਹਿੰਦੁਸਤਾਨੀ ਫੌਜ 'ਚ ਭਰਤੀ ਹੋ ਕੇ ਬਰਤਾਨੀਆ ਵੱਲੋਂ ਲੜਨ ਲਈ ਨਿੱਕਲ ਤੁਰੇ। ਮਾਇਕ ਤੌਰ 'ਤੇ ਵੀ ਲੋਕਾਂ ਨੇ ਬਹੁਤ ਮੱਦਦ ਕੀਤੀ। ਆਖਰ ਆਲਮੀ ਜੰਗ ਸਮਾਪਤ ਹੋ ਗਈ ਤੇ ਬਰਤਾਨੀਆਂ ਇਸ ਜੰਗ 'ਚ ਜੇਤੂ ਰਿਹਾ। ਪਰ ਬਰਤਾਨੀਆਂ ਨੇ ਸਿਤਮ ਸ਼ਰੀਫੀ ਇਹ ਕੀਤੀ ਕਿ ਆਜ਼ਾਦੀ ਦੇਣ ਦੀ ਬਜਾਏ ਆਜ਼ਾਦੀ ਦੀ ਲਹਿਰ ਨੂੰ ਮੁੱਢੋਂ ਕੁਚਲਣ ਲਈ ਸਖਤ ਤੋਂ ਸਖਤ ਕਨੂੰਨ ਵੀ ਵਰਤੋਂ 'ਚ ਲਿਆਂਦੇ ਜਾਣ ਲੱਗੇ। ਇਨ੍ਹਾਂ ਕਨੂੰਨਾਂ ਵਿਚ ਹੀ ਇਕ ਬਿਲ ਸੀ 'ਰੋਲਟ ਬਿਲ'। ਇਸ ਐਕਟ ਦੀਆਂ ਮੋਟੇ ਤੌਰ 'ਤੇ ਧਾਰਾਵਾਂ ਇਹ ਸਨ, 'ਇਨਕਲਾਬੀਆਂ ਦੇ ਮੁਕੱਦਮੇ ਤਿੰਨ ਜੱਜਾਂ ਦੇ ਬੈਂਚ ਸਾਹਮਣੇ ਪੇਸ਼ ਹੋਣਗੇ ਅਤੇ ਬੜੀ ਛੇਤੀ ਫੈਸਲੇ ਕੀਤੇ ਜਾਣਗੇ। ਇਨ੍ਹਾਂ ਫੈਸਲਿਆਂ ਖਿਲਾਫ ਦੋਸ਼ੀ ਕੋਈ ਅਪੀਲ ਨਹੀਂ ਕਰ ਸਕੇਗਾ। ਸ਼ੱਕੀ ਬੰਦੇ ਨੂੰ ਬਿਨਾਂ ਸਬੂਤ ਕੈਦ ਕੀਤਾ ਜਾਵੇਗਾ ਅਤੇ ਬਿਨਾਂ ਜ਼ਮਾਨਤ ਜੇਲ੍ਹ 'ਚ ਰੱਖਿਆ ਜਾਵੇਗਾ। ਬਿਨਾਂ ਵਰੰਟ ਕਿਸੇ ਨੂੰ ਵੀ ਕਿਸੇ ਵੀ ਸਮੇਂ ਗ੍ਰਿਫਤਾਰ ਕਰਕੇ ਜੇਲ੍ਹ ਡੱਕ ਦਿੱਤਾ ਜਾਵੇਗਾ।' ਇਸ ਬਿਲ ਦੇ ਚਰਚਾ ਵਿਚ ਆਉਣ ਦੀ ਦੇਰ ਸੀ ਕਿ ਆਜ਼ਾਦੀ ਘੁਲਾਟੀਆਂ ਵਿਚ ਤਰਖੱਲੀ ਮੱਚ ਗਈ। ਥਾਂ ਪੁਰ ਥਾਂ ਇਸ ਖਿਲਾਫ ਮੁਜ਼ਾਹਰੇ ਹੋਣ ਲੱਗੇ। ਸਭ ਨੂੰ ਡਰ ਸੀ ਕਿ ਜੇਕਰ ਇਹ ਬਿਲ ਕਨੂੰਨ ਬਣ ਗਿਆ ਤਾਂ ਬਹੁਤ ਭਾਰੀ ਨੁਕਸਾਨ ਹੋਵੇਗਾ। ਵੱਖੋ ਵੱਖ ਸ਼ਹਿਰਾਂ ਵਿੱਚ ਮੁਜ਼ਹਰੇ ਹੋਣ ਲੱਗੇ। ਪਰ ਸਰਕਾਰ ਨੇ ਕਿਸੇ ਦੀ ਨਾ ਸੁਣੀ ਤੇ 18 ਮਾਰਚ 1919 ਨੂੰ ਇਸ ਬਿਲ ਨੂੰ ਕਨੂੰਨ ਦਾ ਰੂਪ ਦੇ ਦਿੱਤਾ। ਫਲਸਰੂਪ ਮੁਜ਼ਾਹਰਿਆਂ 'ਚ ਹੋਰ ਵਾਧੇ ਹੋਣ ਲੱਗੇ। 23 ਮਾਰਚ ਨੂੰ ਅੰਮ੍ਰਿਤਸਰ ਵਿਚ ਭਾਰੀ ਮੁਜ਼ਾਹਰਾ ਹੋਇਆ। ਥਾਂ ਪੁਰ ਥਾਂ ਹੋ ਰਹੇ ਮੁਜ਼ਾਹਰਿਆਂ ਦਾ ਨਤੀਜਾ ਇਹ ਨਿਕਲਿਆ ਕਿ ਸਾਰੇ ਹਿੰਦੁਸਤਾਨੀ ਇਕ ਹੋ ਖੜੋਤੇ। ਹਰ ਰੋਜ਼ ਕਿਸੇ ਨਾ ਕਿਸੇ ਸ਼ਹਿਰ ਵਿਚ ਮੁਜ਼ਾਹਰਾ ਹੋ ਰਿਹਾ ਸੀ। 11 ਅਪ੍ਰੈਲ ਜੁੰਮੇ ਦੇ ਦਿਨ ਲਾਹੌਰ ਦੀ ਬਾਦਸ਼ਾਹੀ ਮਸਜਿਦ ਵਿਚ ਤਕਰੀਬਨ ਪੈਂਤੀ ਹਜ਼ਾਰ ਲੋਕਾਂ ਦਾ ਇਕੱਠ ਹੋਇਆ ਜਿਸ ਵਿਚ ਹਿੰਦੂ, ਮੁਸਲਮਾਨ, ਸਿੱਖ, ਭਾਵ ਸਭ ਧਰਮਾਂ ਦੇ ਲੋਕਾਂ ਨੇ ਹਿੱਸਾ ਲਿਆ। ਇਸ ਇਕੱਠ ਨੂੰ ਵੇਖ ਕੇ ਪੰਜਾਬ ਦੇ ਹਾਕਮਾਂ ਦੀ ਨੀਂਦ ਉੱਡ ਗਈ। ਉਦੋਂ ਹੀ ਪੰਜਾਬ ਦੇ ਗਵਰਨਰ ਸਰ ਮਾਈਕਲ ਉਡਵਾਇਰ ਨੇ ਇਸ ਸਥਿਤੀ ਨਾਲ ਨਜਿੱਠਣ ਲਈ ਫੌਜ ਤਾਇਨਾਤ ਕਰਨ ਦਾ ਫੈਸਲਾ ਲੈ ਲਿਆ। ਕਿਉਂਕਿ ਲਾਹੌਰ ਦੇ ਮੁਜ਼ਾਹਰੇ ਵੇਲੇ ਫੈਸਲਾ ਹੋ ਚੁੱਕਿਆ ਸੀ ਕਿ ਅਗਲਾ ਮੁਜ਼ਾਹਰਾ ਵਿਸਾਖੀ ਵਾਲੇ ਦਿਨ ਅੰਮ੍ਰਿਤਸਰ ਹੋਵੇਗਾ ਇਸ ਕਰਕੇ ਗਵਰਨਰ ਪੰਜਾਬ ਨੇ ਜਲੰਧਰ ਵਿਚ ਤਾਇਨਾਤ ਬਰਗੇਡੀਅਰ ਡਾਇਰ ਨੂੰ ਜ਼ਿੰਮੇਵਾਰੀ ਸੌਂਪ ਦਿੱਤੀ। ਦੋਨੋਂ ਅਫਸਰ ਇਸ ਗੱਲ 'ਤੇ ਸਹਿਮਤ ਹੋ ਗਏ ਕਿ ਇਸ ਮੁਜ਼ਾਹਰੇ ਨੂੰ ਸਖਤੀ ਨਾਲ ਕੁਚਲ ਦਿੱਤਾ ਜਾਵੇ। ਗਵਰਨਰ ਨੇ ਅੰਮ੍ਰਿਤਸਰ ਅੰਦਰ ਮਾਰਸ਼ਲ ਲਾਅ ਐਲਾਣ ਕਰ ਦਿੱਤਾ। ਇਸ ਮੁਤਾਬਕ ਸ਼ਹਿਰ 'ਚ ਕਿਧਰੇ ਵੀ ਇਕੱਠ ਨਹੀਂ ਸੀ ਕੀਤਾ ਜਾ ਸਕਦਾ। ਪਰ ਲੋਕਾਂ ਨੂੰ ਇਸ ਬਾਰੇ ਕੁੱਝ ਪਤਾ ਨਹੀਂ ਸੀ। ਹੁਣ ਕਿਉਂਕਿ 13 ਅਪ੍ਰੈਲ ਵਿਸਾਖੀ ਦਾ ਦਿਨ ਸੀ। ਇਸ ਕਰਕੇ ਆਲੇ ਦੁਆਲੇ ਪਿੰਡਾਂ ਅਤੇ ਸ਼ਹਿਰ ਦੇ ਲੋਕ ਜਲ੍ਹਿਆਂਵਾਲੇ ਬਾਗ ਵੱਲ ਵਹੀਰਾਂ ਘੱਤ ਤੁਰੇ। ਚਾਰ ਕੁ ਵਜੇ ਦੇ ਲੱਗਭੱਗ ਕਾਨਫਰੰਸ ਸ਼ੁਰੂ ਹੋ ਚੁੱਕੀ ਸੀ। ਕਨੂੰਨਣ ਸਰਕਾਰ ਦਾ ਕੰਮ ਸੀ ਕਿ ਇਸ ਇਕੱਠ ਨੂੰ ਖਿੰਡਣ ਦੇ ਹੁਕਮ ਦਿੰਦੀ। ਹੁਕਮ ਨਾ ਮੰਨਣ ਵਾਲਿਆਂ 'ਤੇ ਕਾਰਵਾਈ ਕਰਦੀ। ਇਕੱਠ ਬਹੁਤ ਵੱਡਾ ਸੀ ਤਾਂ ਸਰਕਾਰ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ ਵੀ ਵੱਡੀ ਸੀ। ਭਾਵੇਂ ਮਾਰਸ਼ਲ ਲਾਅ ਲੱਗਿਆ ਹੋਇਆ ਸੀ ਪਰ ਹਕੂਮਤ ਇਸਨੂੰ ਢੰਗ ਤਰੀਕੇ ਨਾਲ ਨਜਿੱਠਦੀ। ਪਰ ਮੌਕੇ ਦੇ ਹਾਕਮਾਂ, ਬਰਗੇਡੀਅਰ ਡਾਇਰ ਅਤੇ ਗਵਰਨਰ ਉਡਵਾਇਰ ਨੇ ਤਾਂ ਪਹਿਲਾਂ ਹੀ ਫੈਸਲਾ ਕਰ ਲਿਆ ਹੋਇਆ ਸੀ। ਉਨ੍ਹਾਂ ਮਿੱਥ ਲਿਆ ਸੀ ਕਿ ਇਸ ਵਡੇਰੇ ਇਕੱਠ ਵਿਚ ਮੌਤ ਦਾ ਤਾਂਡਵ ਨਾਚ ਨਚਾ ਕੇ ਦੇਸ਼ ਭਰ ਦੇ ਲੋਕਾਂ ਨੂੰ ਡਰਾਇਆ ਜਾਵੇ ਤਾਂ ਅੱਗੇ ਤੋਂ ਰੋਸ ਮੁਜ਼ਾਹਰੇ ਬੰਦ ਹੋ ਜਾਣ। ਖੈਰ! ਇੱਧਰ ਕਾਨਫਰੰਸ ਜ਼ੋਰ ਉੱਪਰ ਸੀ। ਬੁਲਾਰੇ, ਕਾਲੇ ਕਨੂੰਨਾਂ ਖਿਲਾਫ ਭਾਸ਼ਨ ਕਰ ਰਹੇ ਸਨ। ਉੱਪਰ ਬਰਗੇਡੀਅਰ ਡਾਇਰ ਨੇ ਦੋ ਵਜੇ ਦੇ ਲੱਗਭੱਗ ਤਿਆਰੀ ਕਰ ਲਈ ਸੀ। ਫਿਰ ਉਹ ਫੌਜੀ ਜੀਪਾਂ ਅਤੇ ਬਖਤਰਬੰਦ ਗੱਡੀਆਂ ਦੇ ਕਾਫਲੇ ਨਾਲ ਬਾਗ ਵੱਲ ਨੂੰ ਰਵਾਨਾ ਹੋਇਆ। ਅੱਗੇ ਬਾਗ ਨੂੰ ਸਿਰਫ ਇੱਕੋ ਗਲੀ ਜਾਂਦੀ ਸੀ। ਅਤੇ ਇਸੇ ਗਲੀ ਪੈ ਕੇ ਬਾਗ ਦੇ ਦੂਸਰੇ ਪਾਸੇ ਫੌਜ ਜਾ ਪਹੁੰਚੀ। ਇਕ ਜੀਪ ਉੱਪਰ ਮਸ਼ੀਨਗੰਨ ਬੀੜੀ ਹੋਈ ਸੀ। ਬਾਕੀ ਫੌਜੀ ਭਰੀਆਂ ਹੋਈਆਂ ਬੰਦੂਕਾਂ ਨਾਲ ਲੈੱਸ ਸਨ। ਡਾਇਰ ਨੇ ਉੱਚੀ ਥਾਂ ਖੜ੍ਹੇ ਕੇ ਆਲੇ ਦੁਆਲੇ ਨਜ਼ਰ ਮਾਰੀ। ਹਰ ਪਾਸੇ ਠਾਠਾਂ ਮਾਰਦਾ ਇਕੱਠ ਦਿਸ ਰਿਹਾ ਸੀ। ਡਾਇਰ ਨੇ ਇੱਥੋਂ ਕਿਸੇ ਨੂੰ ਇੱਥੋਂ ਚਲੇ ਜਾਣ ਜਾਂ ਖਿੱਲਰ ਜਾਣ ਦਾ ਹੁਕਮ ਨਾ ਦਿੱਤਾ। ਕੋਈ ਵਾਰਨਿੰਗ ਨਾ ਦਿੱਤੀ ਗਈ। ਸਗੋਂ ਡਾਇਰ ਨੇ ਲੋਕਾਂ ਵੱਲ ਵੇਖਦਿਆਂ ਅੰਦਰ ਹੀ ਅੰਦਰ ਜ਼ਹਿਰ ਉਗਲਿਆ ਤੇ ਫੌਜ ਨੂੰ ਗੋਲੀ ਚਲਾਉਣ ਦਾ ਹੁਕਮ ਦਿੱਤਾ। ਇਸ ਵੇਲੇ ਸਾਢੇ ਕੁ ਪੰਜ ਵੱਜ ਰਹੇ ਸਨ। ਫੌਜ ਨੇ ਹੁਕਮ ਮਿਲਦਿਆਂ ਹੀ ਅੰਨੇਵਾਹ ਗੋਲੀਆਂ ਦਾ ਮੀਂਹ ਵਰਾਉਣਾ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤਾ। ਦਸ ਮਿੰਟ ਲਗਾਤਾਰ ਗੋਲੀ ਚੱਲਦੀ ਰਹੀ। ਸਭ ਬਦਹਵਾਸ ਹੋ ਗਏ। ਲੋਕ ਬਚ ਕੇ ਜਾਣ ਲਈ ਇੱਧਰ ਉੱਪਰ ਭੱਜਣ ਲੱਗੇ। ਪਰ ਕਿਸੇ ਪਾਸੇ ਵੀ ਬਾਹਰ ਜਾਣ ਦਾ ਰਸਤਾ ਨਹੀਂ ਸੀ। ਤਰਖੱਲੀ ਮੱਚ ਗਈ। ਗੋਲੀਆਂ ਦਾ ਸ਼ਿਕਾਰ ਹੋਏ ਲੋਕ ਧੜਾ ਧੜ ਡਿੱਗਣ ਲੱਗੇ। ਕੁਝ ਕੁ ਮਿੰਟਾਂ 'ਚ ਹੀ ਉੱਥੇ ਮੌਤ ਦਾ ਸੰਨਾਟਾ ਛਾ ਗਿਆ। ਫੌਜ ਦੇ ਚਲੇ ਜਾਣ ਪਿੱਛੋਂ, ਬਚੇ ਲੋਕੀਂ ਇੱਧਰ ਉੱਪਰ ਨੱਸਦੇ ਘਰਾਂ ਨੂੰ ਭੱਜੇ। ਬਾਗ ਅੰਦਰ ਜ਼ਖ਼ਮੀ ਸਾਰੀ ਰਾਤ ਕੁਰਲਾਉਂਦੇ ਰਹੇ ਅਤੇ ਬਹੁਤੇ ਮੈਡੀਕਲ ਸਹਾਇਤਾ ਵਜੋਂ ਦਮ ਤੋੜ ਗਏ। ਬਾਅਦ ਵਿਚ ਗੈਰ ਸਰਕਾਰੀ ਅੰਕੜਿਆਂ ਮੁਤਾਬਕ ਮਰਨ ਵਾਲਿਆਂ ਦੀ ਗਿਣਤੀ ਹਜ਼ਾਰ ਦੇ ਕਰੀਬ ਸੀ ਤੇ ਲੱਗਭੱਗ ਪੰਦਰਾਂ ਸੌ ਲੋਕ ਜ਼ਖ਼ਮੀ ਸਨ। ਅਜਿਹਾ ਕਰੂਰ ਜ਼ੁਲਮ ਸ਼ਾਇਦ ਹੀ ਕਦੇ ਕਿਸੇ ਸਰਕਾਰ ਨੇ ਆਪਣੀ ਪਰਜਾ ਉੱਪਰ ਕੀਤਾ ਹੋਵੇ। ਪਰ ਇਸ ਜਲ੍ਹਿਆਂ ਵਾਲੇ ਬਾਗ ਦੇ ਸਾਕੇ ਨੇ ਲੱਖਾਂ ਹਿੰਦੁਸਤਾਨੀਆਂ ਦੀ ਅਣਖ ਨੂੰ ਵੰਗਾਰਿਆ। ਲੋਕ ਵਹੀਰਾਂ ਘੱਤੀ ਜੰਗੇ ਆਜ਼ਾਦੀ 'ਚ ਸ਼ਾਮਲ ਹੋਏ। ਸਿੱਟੇ ਵਜੋਂ

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ਮੁਲਕ ਨੂੰ 1947 'ਚ ਆਜ਼ਾਦੀ ਮਿਲੀ। ਜਦੋਂ ਹੀ ਲੋਕਾਂ ਨੂੰ ਉਸ ਸਾਕੇ ਦੀ ਯਾਦ ਆਉਂਦੀ ਹੈ ਤਾਂ ਮਨ ਮਸਤਕ, ਸ਼ਰਧਾ ਵਜੋਂ ਝੁਕ ਜਾਂਦਾ ਹੈ। ਅੱਜ ਅਸੀਂ ਜਲ੍ਹਿਆਂ ਵਾਲੇ ਬਾਗ ਦੇ ਉਨ੍ਹਾਂ ਸ਼ਹੀਦਾਂ ਨੂੰ ਪ੍ਰਣਾਮ, ਸਲਾਮ ਕਰਦੇ ਹਾਂ।

Brief History of Sikh Foundation of Virginia

Paramjit Singh Sachdeva



Sikh Foundation of Virginia came into existence as a result of the efforts of several Sikh families that had settled in Northern Virginia in the early to mid-1970s. At that time, there was no Gurdwara in Virginia, and families used to go to either the Gurdwara on Military Road in Washington, DC, or the Guru Nanak Foundation of America, Silver Spring, Maryland. Once the number of dedicated families in Northern Virginia reached a critical mass, it prompted about a dozen like-minded Punjabi families to band together to explore the idea of building gurdwara in Northern Virginia to meet the religious, cultural and social needs of the community. In this regard, the first meeting was held in Fairfax County Library in Fairfax City in 1978, in which an Ad hoc Committee was formed and tasked with to write Constitution and By-Laws of a religious non-profit organization, and to look for a property to build gurdwara.

Over the next three years, the Committee launched a membership drive, selected and registered name of the organization as Sikh Foundation of Virginia, and approved its constitution and bylaws. The organization purchased a five-acre piece of land in 1981, but design, permits, and fundraising took another 5-6 years. In the meantime, community started holding kirtan diwan and langar on Sundays at various members' houses. Finally, groundbreaking for the building was held in 1987, and the present Gurdwara Sahib was inaugurated on Baisakhi day in 1989. Since then, the Sikh Foundation of Virginia Gurdwara Sahib has been serving the community by holding regular diwans, and catering to various religious, spiritual, and cultural needs of the community. Along the way, to keep up with the growth in congregation and the related demands, the original

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building has been renovated and upgraded by enlarging stairs, expanding kitchen, adding lobby/ patio/Porch, and building an additional room upstairs for Akhand Paths.

The Sikh Foundation of Virginia Gurdwara Sahib has the distinction of being the oldest Gurdwara in the Commonwealth of Virginia.

SFV Receives FEMA Non-Profit Security Grant

Dr. Ajaib Singh

Our concern for the safety at Sikh Foundation of Virginia was significantly heightened especially after the horrific incident at the Oak Creek Wisconsin Gurdwara Sahib on August 5, 2012. The location of SFV lacks easy visibility from the main road as well as its neighbors, making it highly vulnerable to acts of a miscreant, and putting our congregants and especially our resident Sevadars in grave danger. Being concerned, we contacted the security officers from Fairfax County Police as well as an expert from Homeland Security Dept. (DHS), who conducted surveys of SFV and provided their recommendations for improving the security features of our facility. Based on their recommendations we did take some cost effective measures such as improved monitoring capabilities, Improved Locks, and installing of safety/security films on ground floor doors and windows, etc. But the measures for the next level of structural hardening of the premises were judged too costly, considering our financial means, to justify.

In 2015, I heard that a New Jersey Gurdwara, that I have affiliations with, had received a Federal grant in the amount of \$75,000 for structural hardening and security enhancement of their Gurdwara. I was told that the process to apply for the Federal grants is rather complex and required experience in navigating through the maze of governmental procedures and requirements. I, nevertheless, did make an effort to file an application for such a grant for SFV in 2016. However, our application was denied, perhaps, due to my not being fully appreciative of the governmental procedures and requirements to properly apply for such a grant.

In 2018, when Federal Security grants for Houses of Worship were announced, I brought this opportunity to the attention of the SFV Board. With Board's blessings, this time we set up a small committee to undertake this task rather properly and whole-heartedly. The Committee included: myself as the Coordinator; Amarjit Singh Riat ji, an accomplished and knowledgeable Project

Engineer; Harjit Singh Chawla Ji, an experienced construction and Resource Engineer; and Paramjit Singh Sachdeva Ji, a details oriented person to assure that we dot every *l* and cross every *t*, as we fill in the application and its accompanying documentations. With Waheguru's Blessings and with a real tedious and time-consuming application process, these Sevadars are delighted to report that we filed our application on June 14, 2018, **and we were awarded a NSGP Grant for the amount of \$150,000** on August 24, 2018.

We submitted the required Project Management Plan (PMP) and received approval for the same on 10/31/2108. The next requirement was to get Environmental and Historic Project (EHP) Screening, for which we submitted documentation on 2/1/2019 and received approval of the EHP Screening Process in April. This paved the way for us to start the project implementation, which the management has started in earnest.

SFV VOICE



Senior's Corner

Sadh Sangat ji, did you know that there is a new Seniors Program at SFV!

The Seniors Program, now in its third year, encourages a healthy life style and enhances physical and mental well-being. It admirably serves the social and wellness-related needs of SFV seniors (55 and older). Participants enrich each other's' lives through meaningful social interaction. They themselves determine program content and mode of implementation. Every Wednesday from 9:30 AM to 1:00 PM at the SFV Gurdwara Sahib, some 15-20 seniors engage in yoga/flexibility exercises under the guidance of experienced members, participate in Naam simran and Gurbani vichar, discuss general health issues, and share life experiences.

This year, participants, along with their friends and younger family members, also organized an outdoor picnic on June 6 at Lee District Park, Franconia/Alexandria VA. It was a wonderful experience in natural surroundings. Similar outdoor activities are planned next year as well. In addition, ladies have started a knitting group, and already they have knitted and donated about a dozen head scarfs (mufflers) to a charity organization in Fairfax. This activity happens after langar. There is lot of enthusiasm among the knitting group. Some seniors also wish to become familiar with computers and social media, and this learning activity could be added to the program in due course.

Those who wish to join the seniors group should contact

Dr. Barinder Kaur Deu (email: barinderdeu@gmail.com, phone 703-978-2420) or

Mr. Randhir Singh Chhatwal (email: randhir.chhatwal@gmail.com, phone: 978-884-8333).



Important Transportation for seniors and Persons with Disabilities telephone numbers for the Fairfax County residents:

- CUE BUS: 703-385-7859 (TTY 711)
- City Wheels: 703-385-7859 TTY 711)
- Fastran: 703-222-9764 (TTY: 703-324-7079)
- MetroAccess: 301-562-5360 (TTY: 301-588-7535)
- Seniors On-the-Go: 703-877-5800 (TTY: 711), Monday-Friday, 8:00 a.m. – 4:30 p.m.
- Taxi Access: 703-877-5800 (TTY 711)

SFV VOICE



Health Corner

Manjit Singh Taneja

Self-Management of Diabetes (6-week Symposium held at SFV)

SFV held a 6-week training workshop (August 25, 2018 – September 29, 2018) on Diabetes Self-Management, which was conducted by the Asian-American Inter Community Service (AICS) trainers. This training is prescribed by the Stanford Medical School and all AICS trainers were certified via Stanford Medical Training. The purpose of this workshop was to help our Sadh Sangat and community members to become more aware of healthy choices, so we all can improve the quality of our life. Thirty-five people attended the workshop.

This workshop was very informative and beneficial for all who either are Borderline Diabetic (Pre-Diabetic) or Diabetic, have someone in the family who is Diabetic, or are interested to learn self-managed care of Diabetes.

The main purpose of the workshop was to empower each attendee to take control of choices they make when it comes to food, carbohydrates and sugar amounts in the food, calories, portion sizes, daily exercise, and monitoring of these choices.

The workshop was also very well received by the SFV Community. Many attendees are still thanking AICS for helping them in changing their life style and putting them on the track of healthy living strategies.

SFV appreciates the help and guidance of many, especially all Board members, Dr. Barinder Deu Ji, Beant Deu Ji, Randhir Singh Ji Chhatwal.

SFV plans to hold many such workshops in the future. If you are interested, please contact Manjit S. Taneja (703-585-1078) manjittaneja@yahoo.com, or Dr. Sam Mukherjee via aicscare@aicscare.org. For more information on this program and several other AICS offered health programs, please visit www.aicscare.org.

SFV Holds a Red Cross Blood Drive

Sikh Foundation of Virginia in collaboration with Red Cross is hosted a Blood Drive on May 12th, 2019. We deeply thank you all for coming!! It was great to see the goodness and generosity from our community!! We were deeply touched by the overwhelming response for the blood drive. The participation was over and above our expectations. Yes, not everyone was able to donate due to Red Cross limitations that day. Red Cross assured us the next time they will come better prepared to accommodate a larger group. SFV management is working with Red Cross and is planning for the next Blood Drive later this year. SFV management will keep you posted about the next drive.

We would like to thank Millie Singh Ji, Pal Singh Ji, and all volunteers who helped in this drive to make it a big success.

SFV VOICE



SFV Gallery

Sikh Day Parade, New York (2019)



SFV VOICE



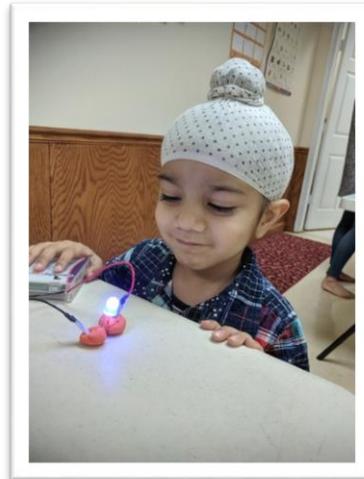
SFV Hemkunt Symposium (2019)



SFV VOICE



STEM Activities Fair (2019)



SFV VOICE



SFV Annual Prabhat Feri (2019)



SFV VOICE



7th Graders from Fairfax County School Visit SFV (February 2019)



SFV VOICE



SFV Annual Turban and Keski Showdown (2019)



SFV VOICE



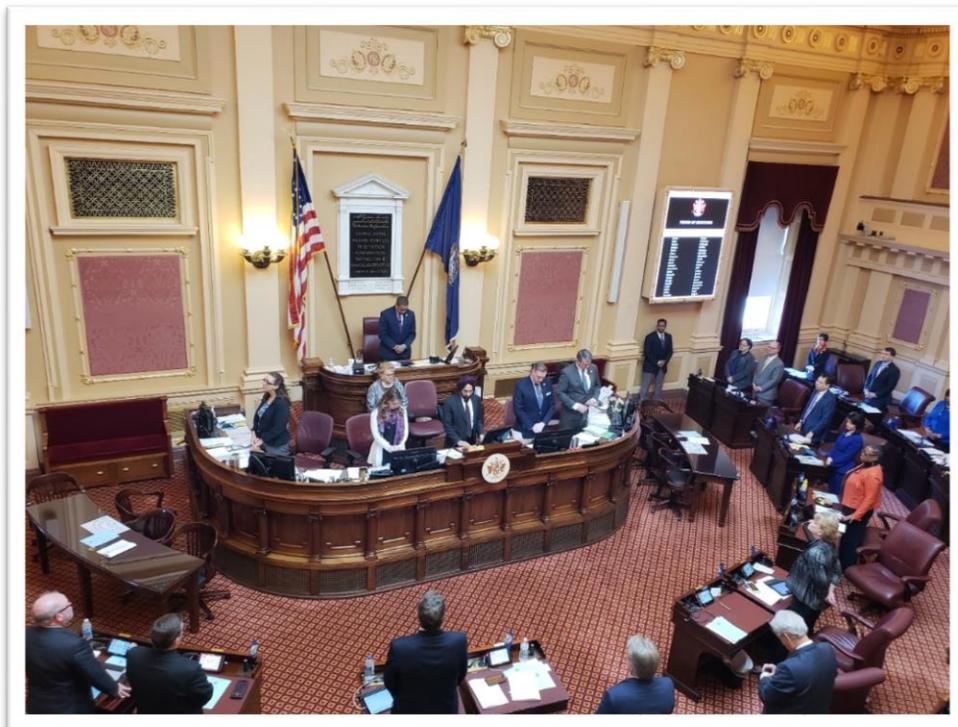
SFV Blood Drive (2019)



SFV VOICE



Sikh Invocation at the Virginia senate on February 19, 2019





Editor's Corner

Request to Sangat for contributions to SFV Voice

Respected Sadh Sangat Ji:

Please make your voice heard through SFV Voice! Through six-monthly updates from SFV officers and coordinators, and voluntary contributions from the Sangat, the Newsletter also covers:

- The Punjabi/Gurmat school, annual youth camp, and various service projects
- Katha, kirtan and gurbani vichar programs
- Activities that amplify women's voices
- Programs for seniors and elders
- Cultural events, annual picnic, and interfaith activities, and
- Broader concerns of the global Sikh community.

Please share your views on any relevant topic that interests you! We particularly invite contributions from women, youth, and seniors. Your write-ups can be short (just a few paras), or longer (a couple of pages). In English, or in Punjabi. Just send us a final draft, and we'll work with you to get it published!

Contact the Editor, Manjit S. Taneja (ManjitTaneja@yahoo.com 703-585-1078), or any of the editorial team members for more information or clarification. We look forward to hearing from you. Thanks!

Editorial Team: Manjit S. Taneja (Editor); Paramjit Singh Sachdeva, pammisachdeva@gmail.com; Beant Singh Deu, beantsdeu@gmail.com; Navdeep Singh, deepsingh84@gmail.com; and Puneet Kaur, nitakaur89@gmail.com.

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Sikh Foundation of Virginia (SFV)
7250 Ox Road, Fairfax Station, VA 22039
Phone: 703 323 8849